

Jason Pettit – Capital Radio Recipe



Thai Chicken Fried Rice – a great recipe for a satisfying and flavour packed meal!

Whilst Fried Rice can be found across Asia, the Thai recipe is distinctly different as it uses fish sauce and lime to flavour it. Serve with Thai sweet chili sauce.

Ingredients – serves 4 people

5 cups	cooked fragrant jasmine rice (day old is best)
1 lg	chicken breast skinless (cut into small pieces / strips)
1 Tbsp	soy sauce
4 lg	spring onions (ends trimmed, sliced thinly)
3 lg	garlic cloves (peeled, chopped finely)
1 ea	Thai green chili pepper (end trimmed, sliced thinly)
7 ea	mushrooms – shiitake or chestnut (sliced thickly)
½ cup	frozen peas (defrosted in water and drained)
2 Tbsp	fish sauce
1 Tbsp	water (or chicken stock if you have any)
2 Tbsp	soy sauce
1 Tbsp	lime juice
1 Tsp	sugar
Pinch	white pepper
3 Tbsp	cooking oil
1 lg	egg

Thai sweet chili sauce to serve (optional)

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Method

Place chicken into a zip lock bag with 1 Tbsp of soy sauce and massage together to coat. Set aside.

Combine fish sauce, water, soy sauce, lime juice, sugar, and white pepper in a bowl.

Pre-heat a large non-stick frying pan over a medium high heat then add the oil and swirl to coat the pan.

Add the garlic and chili and cook until fragrant (approx. 15 seconds).

Add the marinated chicken and toss to separate the pieces. Stir fry for 2 minutes or until the chicken is sealed all over.

Add the mushrooms and stir fry for another 2 minutes.

If the pan looks a little dry, add another Tbsp of oil.

Add half the rice and using a spatula, stir fry until the rice has heated through. Add the remaining rice and stir fry for a further minute.

Add the green peas and the seasoning sauce 2 Tbsp at a time and stir fry until all the sauce has been added.

Make a well in the centre of the pan and break the egg into it. Quickly stir to scramble it and then stir fry it into the rice for a minute or 2.

Serve immediately with extra lime wedges if desired.

Notes from the chef:

The rice for stir frying needs to be dry to prevent it from sticking. If you need to cook rice, then cook it at least an hour before and once cooked, spread it out over a clean work top to cool and dry (cover with clean tea towels).

If using day old rice, remove it from the fridge at least 30 minutes before cooking and loosen the grains with a fork or your fingers to ensure there are no lumps.

The spice level can be adjusted up or down depending on personal taste.

If the rice starts to look 'wet' when adding the seasoning sauce then do not add anymore and simply serve the remaining on the side for people to add.

If using chicken thigh, then it needs to be cooked for a few minutes longer but take care not to burn the garlic and chili.

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Tbsp - tablespoon

Tsp - teaspoon